



"There's as much risk in doing nothing as in doing something."

Trammel Crow

Name: _____

S Number: _____

Mail Stop: _____

Circle your VPP unit:

Infrastructure

Business Management

Nuclear Programs

National and Homeland Security

Central Facilities Area

Facility and Site Services (J-team) intown

Science and Technology

Material and Fuels Complex

Specific Manufacturing Capability

Reactor Technologies Complex

Subcontractor

Submit your completed Safety Fold-out to your EST chairperson (located on the VPP homepages) by the close of business May 5, 2006. You may also mail your completed passport to the VPP Program Coordinator at MS 3428.

General Instructions for the INL Safety & Health Fold-out

Program Purpose:

Safety is in the *doing!* Behavior is *how we do things*. This fold-out offers you the opportunity to demonstrate behavior that supports an injury-free work environment.

- Preventing a sprain/strain
- Preventing a laceration/contusion
- Mitigating a time pressure concern
- Providing positive reinforcement
- Mitigating unsafe conditions
- Learning about the SOAR process
- Reading the requirements of the INL VPP process
- Identifying and implementing wellness (health) goals.

Period for this Safety & Health Fold-out:

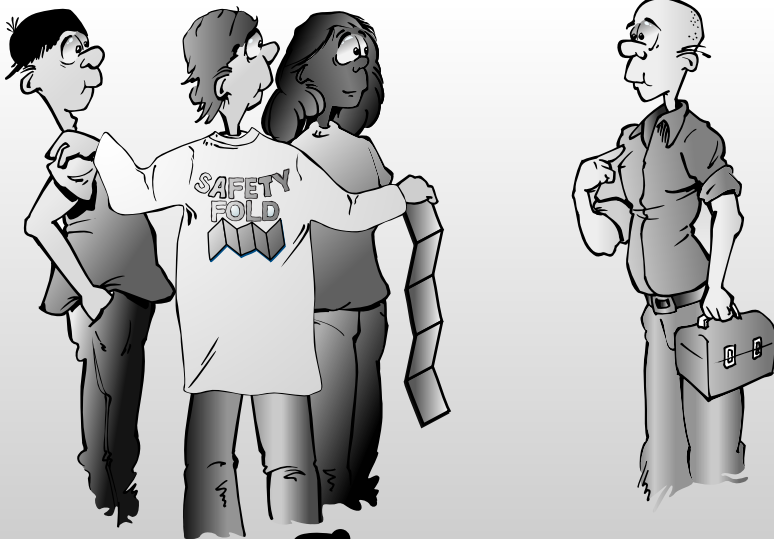
February through April.

Who is eligible to participate?

BEA employees (full or part-time) and subcontractors actually working on site.

What do I do to complete the Safety & Health Fold-out?

You must complete all sections.



Injury Prevention

List one action that you can personally take to:

Prevent a sprain or strain:

Prevent a laceration or contusion:

Mitigate a perceived and/or actual time pressure concern:



Injury Prevention

Prevent a sprain or strain:

Date Completed: _____

Prevent a laceration or contusion:

Date Completed: _____

Mitigate a perceived and/or actual time pressure concern:

Date Completed: _____



SOAR Process

Learn the SOAR process:

Attend a BBS/HU Concepts and Principles class.

or

Attend a BBS Observers class.

or

Read the SOAR process description on the VPP homepage.
(<http://home.inel.gov/safety-health/vpp/vpphome.asp>)

**Safety Observations
Achieve Results**



SOAR Process

Attend a SOAR Concepts and Principles class.

Date Completed: _____

Attend a SOAR Observers class.

Date Completed: _____

Read SOAR description.

Date Completed: _____

**Safety Observations
Achieve Results**



Positive Reinforcement (R+)



In two instances, give positive reinforcement to a co-worker or family member (briefly describe each instance):

1: _____

2: _____



Positive Reinforcement (R+)

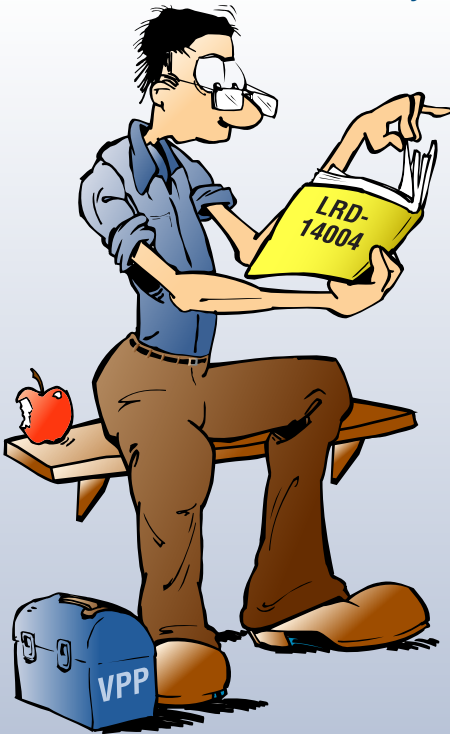
Date Completed: A: _____

B: _____



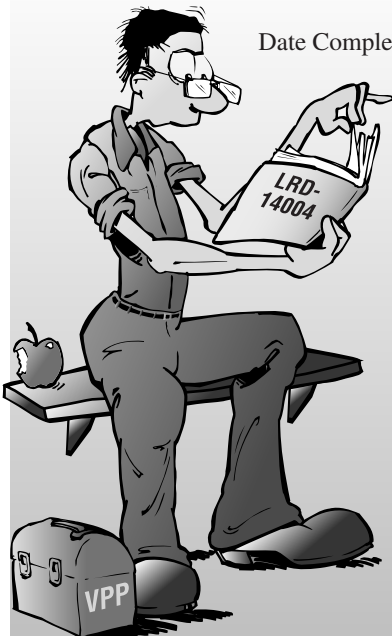
Voluntary Protection Program

*Read the **Requirements for the Voluntary Protection Program Star Process** at INL (LRD-14004).*



Voluntary Protection Program

Date Completed: _____



Eliminating Hazards

Mitigate five unsafe conditions in your work area or building.

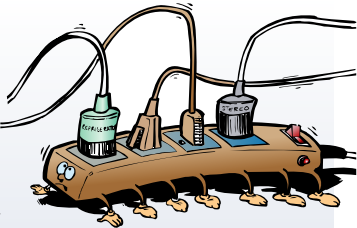
1: _____

2: _____

3: _____

4: _____

5: _____



Eliminating Hazards

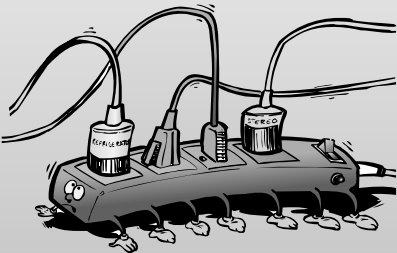
Date Completed: 1: _____

2: _____

3: _____

4: _____

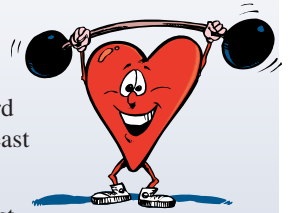
5: _____



Health Promotion

Give yourself the gift of health by making and completing a series of healthful 2006 resolutions. The following list represents the five dimensions of wellness, each equally important to health and wellbeing. To finish this segment of the Safety Fold-out, complete the action item for all five categories.

Category	Action
Physical:	I will commit to one of the following: work toward 12–15 consecutive push-ups per day, or walk at least 30 minutes per day.
Nutritional:	I will commit to one of the following: eat breakfast at least three times a week for three months, or eat whole-wheat bread at least half the time, or try a vegetarian entrée at least once a week.
Mental:	I will read the Hope Health Letter for a minimum of three months to stay abreast of current health issues.
Social:	I will make the commitment to reconnect or strengthen a relationship with a loved one or close friend by setting aside a minimum of 30 minutes a week for three months.
Environmental:	I will commit to washing my hands more frequently during this three-month period to aid in the control of colds and flu.



Living well!

Health Promotion

Physical: Date Completed: _____

Nutritional: Date Completed: _____

Mental: Date Completed: _____

Social: Date Completed: _____

Environmental: Date Completed: _____

Living well!

